

NUTRITION

In order to have good health, we must have *good blood*; for the blood is the current of life. It repairs waste, and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished. MH. 271

That which we eat cannot be converted into *good blood* unless it is of a proper quality, simple, and nutritious. The stomach can never convert sour bread into sweet. Food poorly prepared is not nutritious, and cannot make good blood. {AUCR/ A191909 par. 2}

The blood-making organs cannot convert spices, mince pies, pickles, and diseased flesh meats into *good blood*. {2T 383.2}

Great care should be taken to form right habits of eating and drinking. The food eaten should be that which will make *the best blood*. {RH.M271902-PAR6}

Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength. {Ed 204,205}

Food should be thoroughly cooked, nicely prepared, and appetizing.--U. T., N51896. {HL 79.7}

Unless the food is prepared in a wholesome, palatable manner, it cannot be converted into *good blood*, to build up the wasting tissues.--T., V. II, p. 538. {HL 80.3}

A good circulation purifies the blood, and secures health; while a poor circulation renders the blood impure, and induces congestion of the vital organs. {CTBH 91.2}

Not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. MH. 296, 297

Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay. More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of. L121887

When The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, *the blood* is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear. L91887

The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats.... Wherever dried fruits, such as raisins, prunes, apples, pears, peaches, and apricots, are obtainable at moderate prices, it will be found that they can be used as staple articles of diet much more freely than is customary, with the best results to the health and vigor of all classes of workers. MH. 299

Almonds are preferable to peanuts; but peanuts, in limited quantities, may be used in connection with grains to make nourishing and digestible food. {7T 134.3}

Fruit, if it can be obtained, is the best article of food. L911898

Wherever fruit can be grown in abundance, a liberal supply should be prepared for winter, by canning or drying. MH. 299

Fruit we would especially recommend as a health-giving agency. But even fruit should not be eaten after a full meal of other foods. MS.431908

It would be better to eat only two or three different kinds of food at each meal than to load the stomach with many varieties.--U. T., A301896. {HL 82.1}

Rich and complicated mixtures of food are health destroying.-- U. T., N51896. {HL 83.5}

Some foods do not agree with other foods. A disturbance is created by improper combinations of food, fermentation sets in, the blood is contaminated, and the brain is confused. {PUR, O91902}

Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of *the blood* results, and the mind is not clear because the digestion is imperfect. L3121908

Vegetables and fruit should not be eaten at the same meal. At one meal use bread and fruit, at the next bread and vegetables. {ST/ S301897 par. 6}

BREAD

Bread should never have the slightest taint of sourness. It should be cooked until it is most thoroughly done. --U. T. J111897. {HL 80.7}

Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions. MH. 300

Hot raised bread of any kind is difficult of digestion.--RH1883 - No.19. {HL 80.6}

Hot biscuit raised with soda or baking-powder should never appear upon our tables. Such compounds are unfit to enter the stomach.--RH1883 No.19. {HL 81.1}

The use of soda or baking powder in bread-making is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system. MH. 300-302

In the making of raised or yeast bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach.
{PHJ.JLY11905-PAR18}

Good brown bread and rolls, prepared in a simple manner, yet with painstaking effort, are healthful.
--U. T., J111897 {HL 79.5}

FREQUENCY OF MEALS

A second meal should never be eaten until the stomach has had time to rest from the labor of digesting the preceding meal.-- H. to L., Chap. 1, p. 55. {HL 84.1}

Indigestion is the result of food taken into the stomach before the digestive organs have had time to dispose of the foregoing meal --L208, JLY201905,

It is quite a common custom with the people of the world to eat three times a day, besides eating at irregular intervals between meals; and the last meal is generally the most hearty, and is often taken just before retiring. This is reversing the natural order; a hearty meal should never be taken so late in the day. Should these persons change their practice, and eat but two meals a day, and nothing between meals, not even an apple, a nut, or any kind of fruit, the result would be seen in a good appetite and greatly improved health.--RH1884 No. 31. HL 84.2

If the third meal be eaten at all, it should be light, and several hours before going to bed.-- H. to L., Chap. 1, p. 55. {HL 84.4}

Three meals a day and nothing between meals -- not even an apple -- should be the utmost limit of indulgence. Those who go further violate nature's laws and will suffer the penalty. -- RH1883/ No. 19. {HL 86.1}

In most cases two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed and is unready for the day's duties. {Ed 205.3}

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours.-- H. to L., Chap. 1, p. 56. {HL 84.5,85}

If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.-- T., V. IV, p. 502. {HL 85.1}

The stomach may be educated to desire food eight times a day, and feel faint if it is not supplied. But this is no argument in favor of so frequent eating.-- RH1883/ No. 19. {HL 85.2}

QUANTITY

Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. *The blood* becomes impure, and then diseases of various kinds occur. Sp. Gifts IV, 133, 134

If more food is eaten than can be digested and appropriated, a decaying mass accumulates in the stomach, causing an offensive breath, and a bad taste in the mouth. The vital powers are exhausted in an effort to throw off the excess, and the brain is robbed of nerve force.-- S. T. E., p. 32. {HL 87.1}

The digestive organs should never be burdened with a quantity or quality of food which it will tax the system to appropriate. All that is taken into the stomach, above what the system can use to convert into good blood, clogs the machinery; for it cannot be made into either flesh or blood, and its presence burdens the liver, and produces a morbid condition of the system. The stomach is overworked in its efforts to dispose of it, and then there is a sense of languor, which is interpreted to mean hunger, and without allowing the digestive organs time to rest from their severe labor, to recruit their energies, another immoderate amount is taken into the stomach, to set the weary machinery again in motion. The system receives less nourishment from too great a quantity of food, even of the right quality, than from a moderate quantity taken at regular periods. 18702T - 412413

If we overeat, the brain power is taxed to take care of a large quantity of food that the system does not demand, the mind is clouded, and the perceptions enfeebled.-- U. T. A61896. {HL 88.1}

Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. Overeating has a worse effect upon the system than overworking; the energies of the soul are more effectually prostrated by intemperate eating than by intemperate working. The digestive organs should never be burdened with the quantity or quality of food which it will tax the system to appropriate. All that is taken into the stomach, above what the system can use to convert into good blood, clogs the machinery; for it cannot be made into either flesh *or blood*, and its presence burdens the liver, and produces a morbid condition of the system.-- T., V. II, p. 412. {HL 88.4,89}

If more food, even of a simple quality, is placed in the stomach than the living machinery requires, this surplus becomes a burden. The system makes desperate efforts to dispose of it, and this extra work causes a tired, weary feeling. Some who are continually eating call this all-gone feeling hunger, but it is caused by the overworked condition of the digestive organs. L73a1896

An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health. MH. 235

EATING AND DRINKING

Taken with meals, water diminishes the flow of the salivary glands; and the colder the water the greater the injury to the stomach. Ice water or iced lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again.-- RH1884/ No. 31. {HL 89.4,90}

Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must be first absorbed.-- RH1884/ No. 31. {HL 90.1}

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. MH. 305

Very hot food ought not to be taken into the stomach. Soups, puddings, and other articles of the kind, are often eaten too hot, and as a consequence the stomach is debilitated. Let them become partly cooled before they are eaten.-- RH1884/ No. 31. {HL 91.1}

Food should be eaten slowly, and should be thoroughly masticated. This is necessary, in order that the saliva may be properly mixed with the food, and the digestive fluids be called into action. MH 305

In order to have healthy digestion, food should be eaten slowly.- RH1884/ No. 31. {HL 86.4}

The benefit you derive from your food does not depend so much on the quantity eaten, as on its thorough digestion, nor the gratification of the taste so much on the amount of food swallowed as on the length of time it remains in the mouth.-- RH1884/ No. 31. {HL 86.6,87}

FOUNDATIONS OF DISEASE - CHOICES THAT MAKE BAD BLOOD

Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. MH 302

Food should be prepared in as simple a manner as possible, free from condiments and spices, and even from an undue amount of salt.-- RH1883/ No. 44. {HL 92.4}

Condiments and spices, used in the preparation of food for the table, aid digestion in the same way that tea, coffee, and liquor are supposed to help the laboring man to perform his task. After the immediate effects are gone, those who use them drop as far below par as they were elevated above par by these stimulating substances. The system is weakened, the blood contaminated, and inflammation is the sure result.-- U. T.N51896. {HL 92.3}

Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered.....- C. T., p. 47. {HL 93.1}

Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition. MS 93, 1901

The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease.--C. T., p. 57. {HL 62.6}

Our tables should bear only the most wholesome food, free from every irritating substance. The appetite for liquor is encouraged by the preparation of food with condiments and spices. These cause a feverish state of the system, and drink is demanded to allay the irritation.- RH1883/ No. 44. {HL 92.4,93}

Those who accustom themselves to a rich, stimulating diet, find after a time that the stomach is not satisfied with simple food. It demands that which is more and more highly seasoned, pungent, and stimulating. As the nerves become disordered and the system weakened, the will seems powerless to resist the unnatural craving. The delicate coating of the stomach becomes irritated and inflamed until the most stimulating food fails of giving relief. A thirst is created that nothing but strong drink will quench. {Ed 203.2}

Grease cooked in the food renders it difficult of digestion.-- C. T., p. 47. {HL 95.2}

MEAT EATING = RECEIVING BAD BLOOD DIRECTLY

When a limb is broken, physicians, recommend their patients not to eat meat, as there would be danger of inflammation's setting in.--U. T./ N51896. {HL 101.2}

Many times when meat is eaten it decays in the stomach, and creates disease. Cancers, tumors, and pulmonary diseases are largely caused by meat-eating. {PUR/ O91902 par. 9}

There are but few animals that are free from disease. Many have been made to suffer greatly for the want of light, pure air, and wholesome food. When they are fattened, they are often confined in close stables, and are not permitted to exercise, and to enjoy free circulation of air. Many poor animals are left to breathe the poison of filth which is left in barns and stables. Their lungs will not long remain healthy while inhaling such impurities. Disease is conveyed to the liver, and the entire system of the animal is diseased. They are killed, and prepared for the market, and people eat freely of this poisonous animal food. Much disease is caused in this manner. But the people cannot be made to believe that it is the meat they have eaten which has poisoned their blood, and caused their sufferings.--H. to L., Chap. 1, p. 59. {HL 103.3,104}

Some animals that are brought to the slaughter seem to realize what is to take place, and they become furious, and literally mad. They are killed while in this state, and their flesh is prepared for market. Their meat is poison....--H. to L., Chap. 1, pp. 59, 60. {HL 104.1}

Pulmonary diseases, cancers, and tumors are startlingly common among animals. It is true that the inspectors reject many cattle that are diseased, but many are passed on to the market that ought to have been refused--U. T./ J191895. {HL 105.4}

Animals are diseased, and by partaking of their flesh we plant the seeds of disease in our own tissues and blood.--U. T./ N51896. {HL 67.2}

When we feed on flesh, the juices of what we eat pass into the circulation. A feverish condition is created, because the animals are diseased, and by partaking of their flesh we plant the seeds of disease in **our own tissue and blood**. Then, when exposed to the changes of a malarious atmosphere, to prevailing epidemics and contagious diseases, these are more sensibly felt, for the system is not in a condition to resist disease.-- U. T./ N51896. {HL 100.1}

MEAT EATING = RECEIVING BAD BLOOD DIRECTLY

The flesh of dead animals, fermenting and putrefying in the stomach, to be sent through every part of the system, is not pleasant to reflect upon, or to experience. It causes many wretched feelings, and is the greatest cause of fevers, suffering of every type, and of death. Those of sedentary habits should certainly discard flesh-meats. Many greatly abuse their stomachs by eating too much of even healthful food. But how much more those who eat of unhealthful food. The abused stomach bears up in a wonderful manner under the continued abuse daily heaped upon it, until malignant disease brings down the victim. The entire system seems to be corrupted, and nothing can stay the rapid work of disease and premature death. {PH123 42.1}

The fish that partake of the filthy sewerage of the drains may pass into waters far distant from the sewerage, and be caught in localities where the water is pure and fresh; but because of the unwholesome drainage in which they have been feeding, they are not safe to eat.--U. T./ J191895. {HL 105.4}

Cancers, tumors, diseases of the lungs, the liver, and the kidneys, all exist in the animals that are used for food.--U. T.MCH1896. {HL 101.1}

The physical powers are depreciated by the habitual use of flesh meat. Meat eating deranges the system.-- T., Vol. II, p. 64. {HL 99.3}

The use of the flesh of animals tends to cause a grossness of the body.-- T.V.II, 63. {HL 99.4}

The liability to take disease is increased tenfold by meat eating.-- T., V. II, p. 64. {HL 100.3}

Meat is the most expensive diet that can be had.-- U. T. F171884. {HL 98.1}

The proper cooking of food is a most essential requirement, especially where meat is not made an article of diet. Something must be prepared to take the place of meat, and these foods must be well prepared, so that meat will not be desired.--U. T./ D201896. {HL 76.8,77}

When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. It is healing to an inflamed, irritated stomach. MH 298

Great care should be taken when the change is made from a flesh meat to a vegetarian diet, to supply the table with wisely prepared, well-cooked articles of food.--U. T./ J111897. {HL 80.1}

OTHER PRACTICES THAT DO NOT BUILD GOOD BLOOD

Tea and coffee do not nourish the system. The relief obtained from them is sudden, before the stomach has had time to digest them. This shows that what the users of these stimulants call strength is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. All this is false strength, that we are the worse for having. They do not give a particle of natural strength.--T., V. II, p. 65. {HL 108.2}

To a certain extent, tea produces intoxication. It enters into the circulation, and gradually impairs the energy of body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action, and thus gives the tea drinker the impression that it is doing him great service, imparting to him strength. This is a mistake. Tea draws upon the strength of the nerves, and leaves them greatly weakened.--T., V. II, pp. 64, 65. {HL 107.4}

Tea acts as a stimulant and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid. {MH 326.1}

In relation to tea, coffee, tobacco, and alcoholic drinks, the only safe course is to touch not, taste not, handle not. The tendency of tea, coffee, and similar drinks is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habit is as difficult to break as it is for the drunkard to give up intoxicants. Those who attempt to leave off these stimulants will for a time feel a loss and will suffer without them. But by persistence they will overcome the craving and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally and perform her work nobly and well. {MH 335.3}

The use of tobacco encourages the appetite for liquor; and the use of tobacco and liquor invariably lessens nerve power.--T., V. III, p. 488. {HL 109.3}

Tobacco is a poison of the most deceitful and malignant kind, having an exciting, then a paralyzing, influence upon the nerves of the body. It is all the more dangerous because its effects upon the system are so slow, and at first scarcely perceivable.--F. of F., p. 128. {HL 110.1}

Tobacco is a slow, insidious poison, and its effects are more difficult to cleanse from the system than those of liquor.--T., V. III, p. 569. {HL 110.2}

Tobacco using is a habit which frequently affects the nervous system in a more powerful manner than does the use of alcohol. It binds the victim in stronger bands of slavery than does the intoxicating cup; the habit is more difficult to overcome. Body and mind are, in many cases, more thoroughly intoxicated with the use of tobacco than with spirituous liquors; for it is a more subtle poison.--T., V. III, p. 562. {HL 110.3}

All narcotics and unnatural stimulants that enfeeble and degrade the physical nature tend to lower the tone of the intellect and morals. {MH 335.1}

APPETITE

The declension in virtue and the degeneracy of the (human) race are chiefly attributable to the indulgence of perverted appetite.--T., V. III, p. 486. {HL 74.2}

**The appetite that is indulged creates an inflammation in the stomach and in the brain.
--L1661903.**

Indulgence of appetite is the greatest cause of physical and mental debility, and lies largely at the foundation of feebleness and premature death.--MS731908.

**If the appetite is allowed to rule, the mind will be brought under its control.--U. T., J111897
{HL 74.3}**

One of the strongest temptations that man has to meet is upon the point of appetite.--T., V. III, p. 485. {HL 74.4}

There is a natural, and there is a depraved appetite. --H.R. {HL 75.5}

Eating merely to please the appetite is a transgression of nature's laws; often this intemperance is felt at once in the form of indigestion, headache, and colic. A load has been placed upon the stomach that it cannot care for, and a feeling of oppression comes. The head is confused, the stomach is in rebellion. But these results do not always follow overeating. In some cases the stomach is paralyzed. No sensation of pain is felt, but the digestive organs lose their vital force. The foundation of the human machinery is gradually undermined, and life is rendered very unpleasant.-- U. T./ AG301896. {HL 89.3}

Those who will not eat and drink from principle, will not be governed by principle in other things.--H. R. {HL 76.5}